

an adjustment device having a screw mechanism, said screw mechanism engages said threaded section of said lower housing, and

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cont
a compression component aligned with said adjustment device, said compression component having

a lower portion with at least one guide key, said at least one guide key engages said at least one keyway channel of said lower housing, and

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cont
a upper portion, said upper portion is tapered radially inward from said lower portion to a top of said upper portion, said upper portion nests within said recess of said nesting unit to apply compression forces to said friction material, said upper portion extends through the opening in said lower housing cap and the opening in said bearing element.

5. (Amended) The exercise device according to claim 3, wherein said lower housing having

a bottom surface having an opening passing therethrough,

a wall extending up from said bottom surface, and

a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes

a threaded section, and

a rotating section;

said upper platform having

a bottom surface,

a column extending downward from said bottom surface, said column including at least one guide key, said [nesting unit] column passes through the opening of said bearing element and the opening of said lower housing cap; and

said regulating components include

friction material encircling said compression component,

an adjustment device having a screw mechanism, said screw mechanism engages said threaded section of said lower housing, and

a compression component aligned with said adjustment device, said compression component having a tapered portion, said tapered portion having a top surface and at least one keyway channel extending into said top surface, said tapered portion is tapered from said adjustment device to said top surface, said tapered portion extends through the opening in said lower housing cap and the opening in said bearing element.

[plurality of holes and locking mechanism]

10. (Amended) The exercise device according to claim 9, wherein said lower housing having

a bottom surface having an opening passing therethrough,

a wall extending up from said bottom surface, and

a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes

a threaded section, and

a locking section having a circular cross-section with at least one keyway channel radially extending from said circular cross-section[.];

said upper platform having

a bottom surface,

a nesting unit extending downward from said bottom surface, said nesting unit including an outer wall forming a recess, said nesting unit passes through the opening of said bearing element; and

said regulating components include

friction material [encircling said compression component] in communication with the recess of said nesting unit,

an adjustment device having a screw mechanism, said screw mechanism engages said threaded section of said lower housing, and

a compression component aligned with said adjustment device, said compression component having

a lower portion with at least one guide key, said at least one guide key engages said at least one keyway channel of said lower housing, and

a upper portion, said upper portion is tapered radially inward from said lower portion to a top of said upper portion, said upper portion nests within said recess of said nesting unit to apply compression forces to said friction material, said upper portion extends through the opening in said lower housing cap and the opening in said bearing element.



11. (Amended) The exercise device according to claim 9, wherein
said lower housing having

a bottom surface having an opening passing therethrough,

a wall extending up from said bottom surface, and

a central passageway, said central passageway extends up from the
opening in said bottom surface, said central passageway includes

a threaded section, and

a rotating section;

said upper platform having

a bottom surface,

a column extending downward from said bottom surface, said column
including at least one guide key, said [nesting unit] column passes through the opening
of said bearing element and the opening of said lower housing cap; and

said regulating components include

friction material encircling said compression component,

an adjustment device having a screw mechanism, said screw mechanism
engages said threaded section of said lower housing, and

a compression component aligned with said adjustment device, said
compression component having a tapered portion, said tapered portion having a top
surface and at least one keyway channel extending into said top surface, said tapered
portion is tapered from said adjustment device to said top surface, said tapered portion

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extends through the opening in said lower housing cap and the opening in said bearing element.

Claim 13, line 5, replace "lower housing" with --cylindrical--.

Please add new claims as follows:

14. The exercise device according to claim 10, wherein said upper platform further includes

an upper surface opposed to said bottom surface, and

a fist pad attached to said upper surface and extending above said upper surface.

15. The exercise device according to claim 6, wherein said upper platform includes

an upper surface opposed to said bottom surface, and

a fist pad attached to said upper surface and extending above said upper surface.

16. The exercise device according to claim 6, further comprising a stopper, wherein

said upper platform includes a wall extending downwardly from a peripheral edge, said wall having an opening passing therethrough,

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said lower housing includes an opening passing therethrough, when the opening of said lower housing is aligned with the opening of said upper housing, said stopper engages the opening of said lower housing and said upper housing.

17. The exercise device according to claim 9, wherein

said lower housing includes

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cont.*

a bottom surface having an opening passing therethrough, and

a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes

a first section,

a shelf extending radially inward from said first section, and

a second section above said shelf and having a circular cross-section with at least one keyway channel radially extending from said circular cross-section;

said upper platform includes

a bottom surface,

a nesting unit extending downward from said bottom surface, said nesting unit includes an outer wall forming a recess, said nesting unit passes through the opening of said bearing element and the opening of said lower housing cap, said nesting unit includes at least one keyway channel; and

said regulating components include

a screw mechanism,

a nut engaging said screw mechanism, abutting said shelf, and residing in said first section,

a first compression component in communication with said screw mechanism, said first compression component nests within said second section,

a friction material in communication with said screw mechanism, said friction material rests on said first compression component,

a second compression component in communication with said screw mechanism and said friction material, said second compression component nests within said nesting unit, and

a securing mechanism engaging said screw mechanism.

18. The exercise device according to claim 9, wherein
said lower housing includes

a bottom surface having an opening passing therethrough,

two members extending up from said bottom surface and disposed on opposing sides of the opening, and

a fastening member extending up from said bottom surface and spaced from said two members;

said upper platform includes

a bottom surface,

a shaft depending from said bottom surface, said shaft is centrally located on said bottom surface; and

said regulating components include

an adjustment device in communication with said two members, and
a friction material in communication around said shaft, and said friction material connects to said adjustment device and said fastening member.

19. The exercise device according to claim 9, further comprising a block, wherein

said lower housing includes

a bottom surface having an opening passing therethrough, and

a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes

a first section,

a shelf extending radially inward from said first section such that an opening exists through the shelf, and

a second section above said shelf and having a circular cross-section, said second section having a slit passing through a top edge and a recess spaced along the top edge from the slit, said block resides in the recess;

said upper platform includes

a bottom surface,

a nesting unit extending down from said bottom surface, said nesting unit passes through the opening of said bearing element and the opening of said lower housing cap, said nesting unit shrouds said central passageway; and

said regulating components include

a friction material in communication with the slit of said second section and said block,

a dial nested within said second section, said dial includes a knob passing through the opening of said shelf such that said knob is within said first section, said dial having a recess along a top edge such that an end of said friction material resides in the recess.

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20. The exercise device according to claim 6, wherein
said upper platform includes

an peripheral edge, and

a wall extending down from said peripheral edge to shroud said lower housing, said lower housing cap, said bearing element, and said regulating components;

said lower housing includes

a bottom surface having an opening passing therethrough,

a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes

a threaded section, and

a locking section in communication with said threaded section, and

a channel intersected by said central passageway;

said regulating components include

an adjustment device having a screw mechanism, said screw mechanism engages said threaded section of said lower housing,

a compression component aligned with said adjustment device, said compression component including a portion tapered radially inward from a lower point to a top of said portion,

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cont. at least two bars residing within said channel on opposing sides of said compression component, said bars in communication with said compression component, and

a first friction material in communication with one of said bars and said wall of said upper platform, and

a second friction material in communication with another of said bars and said wall of said upper platform.

REMARKS

This Preliminary Amendment adds new claims 14 through 20. No additional claim fees are required. Applicant believes and submits that claims 14-16 read upon the elected species elected in the Response filed on May 22, 2000. Claims 17-20 read upon the elected Group I, but do not fall within the elected species.

The Abstract of the Disclosure has been amended to remove a reference number from the text. Amendments have been made to the specification to correct typographical errors and other inadvertent and obvious errors present in the filed patent application. These changes have been made to correct the errors and to increase clarity.

Claims 4, 5, 10, 11, and 13 have been amended including reformatting of the text (except for claim 13) to increase their clarity. Both claims 4 and 10 have been amended to correct a typographical error in line 9 and an indefiniteness phrase in line 16. Both